



## Recapturing Days Spent Outside the US for H-1B Extension

Please use the template below to report the days you have spent outside the U.S. over the time you have held H-1B status. Recapturing time requires that each date listed below be substantiated with evidence. Flight itineraries work best for this purpose, but entry and departure stamps can be used as well.

**Important: in calculating the number of days you were outside the U.S., you cannot include your U.S. departure and return dates, as you were physically present in the U.S. during those days.**

**For example,** if you departed the U.S. on March 12, 2018, and returned on April 1, 2018, you should fill out the chart as follows:

Start Date	End date	Number of days outside U.S.	Evidence
3/13/2018	3/31/2018	19	<b>Page 1:</b> Flight itinerary showing departure from Baltimore to Toronto on 3/12/18  <b>Page 2:</b> Reentry stamp to U.S. (4/1/18)

## Days spent outside the United States

Start date	End date	Number of days outside U.S.	Evidence

Total Days Spent Outside U.S.:

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